

PATIENT INSTRUCTIONS

INTEGRATED BEHAVIORAL HEALTH

WHAT HAPPENS DURING A BEHAVIORAL HEALTH APPOINTMENT?

The first appointment involves an intake assessment. This appointment is the time for you to explain your problem, concern, or issue. You may be asked about the history of this problem, significant others in your life, and other lifestyle components to determine and clarify how the therapist may help you and to determine treatment needs. Consider your therapist as a resource. After this assessment process, an individualized treatment plan is developed establishing goals for treatment and strategies and interventions to achieve them.

Behavioral Health appointments generally are approximately 45-55 minute sessions. The counseling office is designed to be comfortable and quiet, to offer a safe and relaxed environment. You and your therapist will determine the frequency of these sessions, which may be weekly, every two weeks, etc., based on your individual treatment needs, progress, and goals. All services are provided in strict confidence. The personal information that you share with your therapist is confidential and not shared outside the program unless you sign a release of information or if law requires disclosure.

In counseling sessions, a variety of evidence-based therapy practices are used to meet the client's needs and build upon their strengths. Individual counseling offers you a chance to express thoughts, feelings, and concerns, and will provide you the opportunity to better understand your behavior and situation and learn new ways to approach and solve problems. We do our best to provide an accurate and fair assessment that will help guide our treatment planning.

The psychiatric services are focused on taking a holistic approach with an emphasis on obtaining accurate diagnoses through a thorough history evaluation. Specific services focus on diagnosis, treatment planning, as well as psychopharmacological medication management. Tri-State Behavioral Health provides brief psychotherapy and medication management evaluations that focus on improving the patient's overall well-being through coping skills, the use of mindfulness strategies, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Motivational Interviewing.